

Abstract I:

Title: Conscious manifestations of dementia: Case study review - personal journals of both a person with vascular dementia and their caregiver

Neurological changes manifest as involuntary behaviours that affect the person with dementia and impact their immediate caregiver in ways that are not always obvious and/or understood. While the impact of such behaviours extends to others (e.g., extended family), the actual experiences of the person with dementia and their caregiver are often not revealed because in “telling” the person may be perceived as “going crazy” and, therefore, misunderstood/treated differently. This case study review of personal journals provides an overview in which both the person with dementia and their caregiver provide insight into their experiences with dementia (e.g., hallucinations, frustrations, fears and loneliness) and the ways in which they try to cope with the impact of the disease.

116 words

Abstract II:

Title: Exercise and Well-being: Case study review - effects of exercise on a person with vascular dementia and their caregiver

Exercise as a management tool for dementia is proving to be an important consideration for both the person with dementia and their immediate caregiver. Research outcomes indicate exercise attenuates/delays onset of symptoms and may also play a major role in managing a person’s psychological well-being. A review of this case study, in progress, indicates deviation from an exercise routine undertaken by the person with vascular dementia results in, along with decreases in communication and activities of daily living capabilities, a decline in theirs and their caregiver’s psychological well-being (e.g., increases in hallucinations, frustrations, fears and the feeling of loneliness). Outcomes to-date will be presented in support of exercise as a treatment for dementia with insight into what does and does not works for this particular persons and their caregiver.

129 words

Abstract III:

Title: Exercise and Quality-of-life: Case study review - effects of exercise on a person with vascular dementia and their caregiver

Quality-of-life for both the person with dementia and their caregiver is a major consideration in managing dementia as the impact of the disease goes far beyond the loss of memory: impacting communications, activities of daily living and the psychological well-being of both the person with dementia and their immediate caregiver. This case study, in progress, explores these considerations and the effect exercise has as a moderating treatment for dementia. Findings to-date indicate exercise is proving to be a key factor in ensuring a certain Quality-of-Life is attained by the person with dementia and their caregiver.

95 words

Episodic experiences

Hallucinations - sense / see actual person
Anxiety – when change in routine / environment
impatient
self-diagnosing
Fear - losing abilities
frustration
slightly erratic behaviour
socially isolated

Time is irrelevant

leads to anxiety = manifests as anger =

, if think of stopping gym or models which could lead to a less involved standard of living for him, of course this is unspoken.

Repeat activities = level of physical activity alleviates fear of not being able to do stuff (pruned shrubs although just did it).
folding and refolding his napkin several times

verbal outbursts

personality has changed

GT:

My reactions to this, great sadness
a feeling of being very much alone, as only partially able to explain to others eg. extended family etc., how it is living with 24/7 caregiving
often keep it to myself.

symptoms you learn to accept. Just unravels a bit more of yourself every day
anger - I get the brunt of it
Its not until you do actually take some respite that you realise how much toll 24/7 caring takes out of you. Have learnt that I am not a martyr. Miss an intelligent conversation

find its best to just agree than disagree on a topic.

Tend to read or use my PC a lot more in the evenings as conversation is out of the question, easy to make one wrong comment or have something interpreted incorrectly and get anger or sulkiness.

Still have great admiration as to the way Neil has faced his Vascular Dementia not letting it dominate to this stage

lapses in communication skills noticeable at times, has a hard time communicating his wants at first in the morning, this is of course before he is ready to go to gym,

has the ability to recall nearly word for word a documentary he has seen on TV that interests him yet cannot recall having his lunch 15 minutes earlier

Club - Has become a valuable asset to us

Mental and physical stimulus have definitely helped,

The physical caring needs do not bother me at all. You really do mourn the loss of your best friend

The personality changes so drastically from being the person you have known, lived with and loved for over 40 years

the unpredictability is perhaps the hardest thing I find to handle, as most of the time feel as if I am walking on broken glass as the hostility that you can sense sometimes in this stage can be enormous.

I work on a feeling of auto-pilot most times

my emotions in check as need to keep focussed on Neil's needs more and more

yes it takes its toll on the caregiver but keeping onwards and upwards positively helps with a sense of 'black humour' at times!

social interaction for the men on their own terms (some have become socially isolated or constrained because of their disease symptoms),

'neurological change'. Doing so allows , for example, for a man with vascular dementia to include himself in the conversation while retaining his conceptualisation of his disease as being 'just a little stroke'.